

**APPROVED 12-09-03**  
**KING COUNTY MENTAL HEALTH ADVISORY BOARD**

**REGULAR MEETING**

**TUESDAY, OCTOBER 14, 2003**

**EXCHANGE BUILDING, CONFERENCE ROOM 6A**

**Members Present:** Howard Miller, Helen Nilon, Eleanor Owen, Ron Sterling, Gwendolyn Williams

**Members Absent:** Shauna Cheney (excused), Jack Fuller (excused), Mindy Meyring (excused), Freda Monroe (unexcused), Clifford Thurston (on leave of absence), Jim Nobles (excused)

**Guests Present:** Joan Clement (KCASAAB), Joshua Freed (board nominee), Alberto Gallegos (board applicant), Michael Haan (board applicant), Melody Cecilia James (board applicant), Frank Jose (NAMI-Greater Seattle), Susan O'Patka (private citizen), Pam Pratt (board applicant), Perry Wien (RESPC)

**Staff Present:** Rhoda Naguit, Jean Robertson

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**I. WELCOME & INTRODUCTION**

Board Chair Howard Miller convened the meeting at 4:30 p.m and asked everyone to introduce him/herself.

**II. CHAIRMAN'S REPORT**

**A. Presentation of Board Applicants Michael Haan and Melody Cecilia James**

Howard officially presented Michael Haan and Melody Cecilia James to the group and asked them to introduce themselves and to state their interests in joining the board.

Michael Haan is from Council District 5 in southeast end of Seattle. He is of Hispanic descent, born in Santa Fe, New Mexico. He graduated from Stanford University with a degree in neurobiology in 1984. He also has a paralegal degree from Edmonds Community College. Michael is the first member of his family to earn a college degree. He has worked in paralegal and legal secretarial capacities in various fields of law. He is also a registered counselor and therapist.

Michael expressed the need to focus on recovery as a goal for mentally ill, having his own journey toward recovery from depression and his support for a friend who is in recovery from schizophrenia. He believes his involvement with the board would provide him with an excellent outlet for community service in area of mental health.

Melody Cecilia James is from Issaquah in Council District 12. She is a physical therapist, having earned her Master's degree in Nursing from the University of Washington. She's currently a graduate student in a combined Master's/Doctoral Nursing Program at UW.

Melody's exposure to mental illness is as a medical professional. She would like to be involved in children's issues and the parity issue.

The board will vote on Michael Haan's and Melody Cecilia James' appointments at next month's board meeting.

B. Vote on Joshua Freed's Board Membership Appointment

Eleanor made a motion, which was seconded by Helen Nilon, to recommend the appointment of Joshua Freed to the King County Mental Health Advisory Board. The motion was passed unanimously.

C. Board Meeting Schedule Next Month

The November 11<sup>th</sup> regular board meeting falls on a holiday (Veteran's Day), therefore, the board agreed to move the meeting to Wednesday, November 12<sup>th</sup>.

D. Commendation

The board commended Ron Sterling for his initiative in preparing a comprehensive 2003 Quality Council Annual Report.

### III. COMMITTEE REPORTS

A. Legislative Advocacy & Public Affairs Committee

At the most recent committee meeting, priority issues and prospective presenters for the November 18<sup>th</sup> Legislative Forum were selected to ensure a balanced presentation of mental health and chemical dependency issues. The committee is developing a list of priority issues to be used for a roundtable discussion with legislators. A pre-determined set of questions will be sent to legislators ahead of time. One mental health item that will be presented is the parity issue.

Eleanor stated that it is imperative for board members to take a pro-active role in getting their respective legislators to attend this Legislative Forum.

On another subject, Ron Sterling introduced a plan to develop a town hall forum on legislative issues. He explained that the forum is not intended to serve as a support group but will be focused on legislative issues. He encouraged the board to register on the website and to give him some feedback. Eleanor said that the

Legislative Advocacy Committee supports the town hall forum concept and recommended that the Mental Health Advisory Board cosponsor this event. Copies of the registration form for Washington Mental Health and Substance Abuse Town Hall were passed out. Ron will also try to get the state to cosponsor this forum.

Howard received a letter of regret pertaining to the legislative forum from Rodney Tom, due to a conflict in schedule. It was noted that the legislative forum this year is in conflict with another big event in town.

B. Nominations Update

Rhoda reported that two board applications are being held due to the 3-month moratorium for those districts already represented on the board. Howard noted that the moratorium will be over by November and that the board would need to look into applicants from all districts since there are resignations from the board. Helen reiterated that the possibility of having a representative from the eastside is not workable if board meetings will not be held at least quarterly in the eastside area. In response to Helen's comment, Howard read a portion of the past action of the board regarding this issue. He emphasized the need to build the board membership through board recruitment. The board has lost four members. These vacancies, which impact the quorum requirements within which the Board must function, need to be replaced as soon as possible.

C. Quality Council

Ron Sterling expressed hope that Helen's request for meetings on the eastside will be met in other ways, since the Quality Council is coordinating with NAMI affiliates to hold QC forums in various places, including the eastside area.

The Quality Council is establishing goals for the next year, including refocusing on the Mental Health Report Card, working on the bylaws, and recruiting more members. The Council is currently in need of 4 additional members. It may consider regular attendees as prospective members.

IV. MINUTES

At this point in the meeting, after the arrival of an additional member, it was confirmed that a quorum was now present to review and approve the September 9, 2003 meeting minutes. Helen Nilon noted two minor items for change. On page 4, remove underline after Jail Health and on page 6, item D, separate the report on CPC.

Eleanor Owen made a motion, which was seconded by Helen Nilon to approve the September 9, 2003 meeting minutes as corrected. The motion was passed unanimously.

V. STAFF REPORT – Jean Robertson

A. CMS Update

The State Mental Health Division (MHD) is still struggling to get approval for a waiver from the Center for Medicaid and Medicare Services (CMS). As a result, the King County Mental Health contract is still in limbo. CMS approved three aspects of the waiver: procurement, disenrollment, and choice. They have not approved the waivers on consumer information, and practice guidelines. Hopefully CMS will approve part of the waiver within this week. The final outcome of the review process will determine what the local MHD will do. RSN administrators are working on modalities that will be approved by CMS. There is discussion of going to a fee-for-service model among the RSN administrators.

B. WSH Strategic Plan

Western State Hospital (WSH) has published a Strategic Plan for comments. The Mental Health Division is recommending a review of patients who had been decertified under the hospital's utilization review process.

The Division entered into a working agreement with Western State Hospital to assist with the hospital's patient service needs.

C. Consumer Outcome

Three sets of measuring tools to determine consumer outcome were sent to the Mental Health board members. The consumer outcome tools are for parents of children under 13, youth, and adults. The King County providers and RSN will be trained on how to use these tools in January 2004. Implementation of this consumer outcome tool is slated for February 2004. There will be some revisions on the documents..

VI. REGIONAL EMPLOYMENT SERVICES AND PLACEMENT CENTERS (RESPC) PRESENTATION

Howard Miller introduced Perry Wien, Executive Director of Transitional Resources. Perry gave a brief description of a broad array of vocational and post-vocational services provided by the Regional Employment Services and Placement Centers (RESPC). These services are available for any enrolled consumer, including older adolescent and transitional age youth with a mental illness. RESPC aims to assist people with disabilities to obtain and keep employment, to help them with independent living and the transition from school to work. The full range of DVR services includes assessment, evaluation, job placement, and supported employment. RESPC also assists in managing their clients with social security

benefits. For clients who fear losing SSI coverage if they work, RESPC informs them that under the SSI policy, a recipient with \$20,000 annual income is still eligible for SSI benefits.

RESPC is currently serving 400-plus clients. They are gearing up on their staffing. Currently they have 8 staff members.

Service sites are located in West Seattle, Burien and Auburn. They serve all of south and west King County from west King County through Auburn, Renton, Federal Way, Kent, Enumclaw, and areas in between. CPC also provides RESPC and has additional sites in Seattle and on the eastside.

About \$70,000 of their funding comes from the Department of Vocational Rehabilitation. They do fee for service. The intent and start up is going well but financing is a problem.

Other agencies that offer vocational programs include Consejo, Harborview Medical Center Addiction Program, and Seattle Mental Health. All provide vocational or employment opportunities. RESPC works collaboratively with Renton Work Source Center, South Seattle Community College, Highline Community College, local food banks, school districts, and city offices. Referrals come from consumers and agency providers.

Eleanor inquired if the program uses an evidence-based process in evaluating the effectiveness of the program. Perry responded that there are outcome measurements used. They encourage their clients to work. There is a reporting process being implemented by the program. How long does it take for a client to be enrolled in this program? It takes 2 to 3 months to assess the client's vocational needs. This is a DVR requirement.

Frank Jose noted that the process in selecting the provider for this program was a competitive one and that he is afraid that those agencies that did not get funded for this program might be shortchanging their clients by not referring them to the program. In view of this, Frank asked what the Division is doing to make these agencies accountable. Jean responded that the Division has accountability measures, which it uses for its service agencies.

## VII. LIAISON REPORTS

- **Howard Miller: Downtown Emergency Service Center**

The DESC Board is still focused on building project and funding sources. Shortly they will be developing a long range strategic plan.

- **Eleanor Owen: Partnership Group**

Eleanor read a portion of the latest meeting minutes of the Partnership Group. The highlights of the meeting included a discussion about an increased in federal match percentage as approved by Congress. The match percentage is based on economic factors for each state. In the past several years, King County has had a 50% match but it is now 53.2%, which means that the state will have to match a lower percentage. Amnon supports keeping the money. This will have an enormous impact on King County. The Mental Health Division does not agree with the Mental Health Prevalence Study. Eleanor said that this study is based on flawed logic and antiquated data.

- **Helen Nilon: Seattle Mental Health**

The agency has purchased two buildings adjacent to their building on the eastside. There will be an open house on October 22<sup>nd</sup> at 11:30am-1:00 p.m.

Helen brought up the staff turnover issue. Helen also stated that the number of clients being served by SMH has dropped significantly since March 2001, with the trend continuing. Jean Robertson will invite a staff member from Seattle Mental Health to address this issue.

- **Gwendolyn Williams: Therapeutic Health Services**

Gwen has not yet received the latest THS board meeting minutes.

#### VIII. BOARD AND COMMUNITY CONCERNS/NEW BUSINESS

- Jim Adam, President of NAMI-South King County and Vice President of NAMI-Washington, has identified an area in Bellevue to relocate the NAMI-Washington office. NAMI-Washington has been notified that their contract will not be renewed. Negotiation is in place.
- There were 600 people who participated in the "Move for Mental Health" event this year. A national walk is being developed by NAMI-Greater Seattle to be held in May 2004 at Magnuson Park. More information to follow.
- Washington State Partners in Crisis is holding a conference on November 3-5, 2003 in Chelan, Washington. Limited numbers of scholarships are available to consumers or family members who would like to attend the conference.
- On November 11, 2003 from 6 to 8:30 p.m., NAMI-Greater Seattle will hold its annual meeting and celebrate its 25<sup>th</sup> anniversary. The event will be held at St.

Mark's Cathedral, Bloedel Hall, 1245 10<sup>th</sup> Avenue East in Seattle. The keynote speaker will be Randy Revelle.


- NAMI-Greater Seattle is holding an educational forum on Tuesday, October 21<sup>st</sup> from 7:00-9:00 p.m., with Richard Ries, MD, as speaker. The topic is "Meds and Metabolics: Concurrent Treatment of Both Medical and Psychiatric Disorders."

There being no further business, the meeting was adjourned at 6:33 p.m.

Prepared by:

Attested by:

Rhoda A. Naguit  
Recording Secretary



Howard Miller  
Board Chair